



TRUSSVILLE DENTISTRY  
WES LATIMER, DDS

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## **Sinus Care Instructions**

Please note that there is no additional charge for your post-operative care in this office – contact us if you have any problems!

The sinus cavity is the hollow air space above and near the teeth on either side of your upper back jaw, which lies alongside and connects with your nose. Patients that have had a tooth removed near the sinus cavity or an implant procedure/bone grafting involving the sinus need to follow some special post-operative precautions to avoid pressure changes and actions that could possibly negatively impact healing.

**Please follow these instructions carefully for the next 7-10 days**

- Do not blow your nose! Wipe nasal secretions gently.
- Do not use a straw and do not smoke.
- Try to avoid sneezing. If you do sneeze, sneeze with your mouth open – Do NOT block the sneeze by pinching your nose.
- Avoid swimming, scuba diving, playing a wind instrument, blowing up balloons, or other things that cause pressure changes in your mouth.
- If you feel congested or have a runny nose, use an over-the-counter nasal decongestant or antihistamine (Sudafed, Claritin-D 24, etc.)
- Use saline (saltwater) nasal sprays frequently to thin nasal mucous and allow your sinus to keep itself clean. If you have congestion not relived by nasal decongestant medications, use steroid nasal sprays such as Flonase or Nasacort.
- If you have severe congestion, you may use Afrin nasal spray but only for 2 days. Do not continue use of Afrin more than 2 days.
- Avoid bending over – try to keep you head above the level of your heart. Sleep with your head slightly raised.
- Do not strain by pushing or lifting heavy objects.

Occasionally experiencing a few drops of bleeding from your nose is not unusual and is no cause for alarm.

Please return for your scheduled post-op appointment, if provided.